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The Musket

LEXINGTON HIGH SCHOOL'S STUDENT-RUN NEWSPAPER SINCE 1969

Restaurant Review
New eatery Prime Roast Beef and Seafood provides an excellent option for hungry LHS students.
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Missed Winterfest?
Were you too busy to go to the annual student-run drama festival? Read all about some of the highlights here.
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Volume LII Issue III— March 2011

Big Lex: *Students from around the country flock to Lexington High School to compete in annual tournament hosted and run by the debate team*

■ Catherine Qin
Staff Writer

Over Martin Luther King Jr. weekend, the Lexington High School debate team once again hosted the annual Big Lex, the quarterfinal Tournament of Champion qualifying debate tournament.

Hundreds of students from 77 schools from all over the country flooded LHS for the tournament from Jan. 14 to Jan. 17. Formally known as the Lexington Winter Invitational, Big Lex is the debate team's largest event and fundraiser each year.

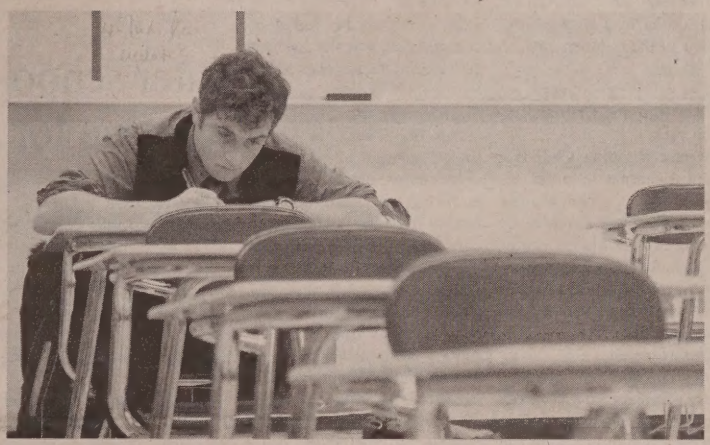
Debaters from high schools in New York and Washington, D.C., won in their respective tournaments.

There were three topics debated at this year's Big Lex. Lincoln-Douglas debaters faced the proposition: "In the United States, juveniles charged with violent felonies ought to be treated as adults in the criminal justice system."

Those competing in Policy debate argued over whether "The United States federal government should substantially reduce its military and/or police presence in one or more of the following: South Korea, Japan, Afghanistan, Kuwait, Iraq, Turkey."

The topic for Public Forum debate was: "In the United States, plea bargains undermine the criminal justice system."

After four days of heated debate, several top speakers emerged to take the titles. The winners of each tournament, Lincoln-Douglas, Policy, and Public Forum, were, respectively: Hendrick Hudson High School's Sophie Ruff (NY), Georgetown Day School's David Herman and Isaac Stanley-Becker (Washington, D.C.), and Bronx High School of Science's Thomas Lloyd and Katie Wong (NY).



Staff photo by Arman Bilge

A debater at the Lexington Winter Invitational Debate Tournament prepares his rebuttal speech. Debaters came from all over the country to participate in this competition.

As host, the LHS debate team did not actually compete in the tournament. Instead, Lexington students were busy ensuring that the event ran smoothly throughout the entire weekend.

"The [BIG LEX page 7]

Alpha program offers support and guidance

■ Nicole Sekula
Staff Writer

The new attendance policy makes missing school a hassle and, in some cases, a threat to gaining credits. But what happens when a student misses numerous days of school for medical reasons – hospital leaves, for example?

That is where the Alpha program comes in. It is a new program in which students coming back from the hospital become reacquainted with Lexington High School. The coordinator of the program, Hallie LeBlanc, is also new to LHS this year.

Alpha's main goal is to develop a routine for students returning from the hospital.

"We help by talking to the teachers and getting connected so we're on the same page," said LeBlanc. Referred students usually spend their first few days back in the Alpha room in Room 158, making up work for their teachers and getting to know the staff.

The staff is composed of two people other than LeBlanc: Laura Smith and Andrew Porter.

Smith handles the academic aspect of the student's life, working to ensure the student is reintegrated into his/her classes. She gets work that the student missed and helps the student catch up.

Porter tutors the students, and LeBlanc works on the emotional aspect of coming back to school, acting as both a [ALPHA page 7]

New a cappella group PB&J debuts

■ Lydia Gold
Staff Writer

Where there used to be just a single coed a cappella group at Lexington High School, Mixed Nuts, there are now two.

The new group, named PB&J (short for Peanut Butter & Jelly), recently gave their debut performance at the Winter Concert before winter break. The founders of the group, Sydney Abrams and Joanna Garmon, decided to form PB&J when they realized that many students love to sing but don't get the chance.

"There used to be nine a cappella groups, and we had only six at the start of this year, so why not add another one?" said Abrams.

But rather than creating an all-female group, they decided to make it coed. "A coed a cappella group allows us to invite everyone and anyone who likes to sing," she added.

The leaders of the group, Regi Murphy and Nancy Chomitz, also gave some insight as to why they decided to join the coed group.

"I think coed a cappella groups have a wider possibility of songs they can perform," Murphy said, "since including both genders allows for [a] sound that is generally better balanced because of the soprano, alto, tenor and bass set-up."

It can be difficult to start a new club at LHS, let alone one that requires so much dedication. Consequently, the members of PB&J had to do a lot of planning.

First, they had to decide on the ratio of boys to girls. "The ratio is five to eight; with five guys and eight girls," said Abrams. "We decided on this because we wanted to be able to have four sopranos and four altos."

Murphy added, "It works pretty well because mens' voices are deeper and are generally fuller, so it takes fewer of them to balance out with womens' voices."

When trying to plan rehearsal times, the group had some difficulties because of conflicting schedules, but once an agreement was reached, it was time to start preparing for their first concert.

"We have practices dedicated to song selection in which people bring in small sets of songs they would like to suggest," Murphy said. "Then we [PB&J, page 7]

Cold weather running needs support of team

■ Stephanie Yost
Staff Writer

When it gets cold outside, the LHS running community struggles to remain in shape.

Without cross-country practice everyday, it becomes difficult to continue running, especially in the winter weather. There are several options when it comes to deciding how to spend the winter.

The first option is to take a nice break from running and do nothing, but unfortunately that results in a very painful return to the outdoor track in the spring.

The other two options are Winter Running Club and indoor track.

Winter Running Club is a creative alternative to the six-days-a-week commitment that indoor track requires. Of course, it takes almost just as much motivation and dedication to run on one's own free time and attend the Winter Running Club.

Unfortunately, the budding group does not have very many members, so it is not always guaranteed that there will be group of people to run with.

On the other hand, indoor track prevents one from hibernating during the cold season, and provides an immediate family of more than 100 runners to stay in shape with.

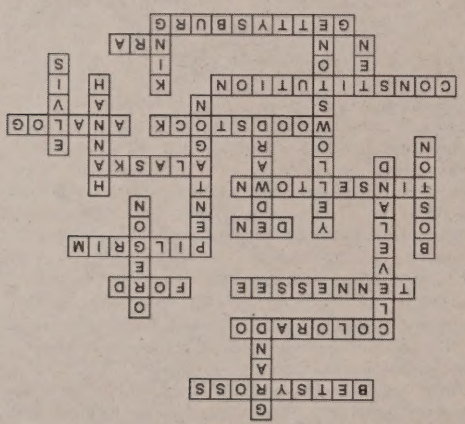
The commitment one makes in joining a team of runners is one where the pain and suffering brings together people of all grades. Competing together, sharing the joy of going undefeated, eating tons of pasta at team dinners, and dressing up in ridiculous costumes on the day of the meet are all things that cannot be experienced in a club that does not have meets.

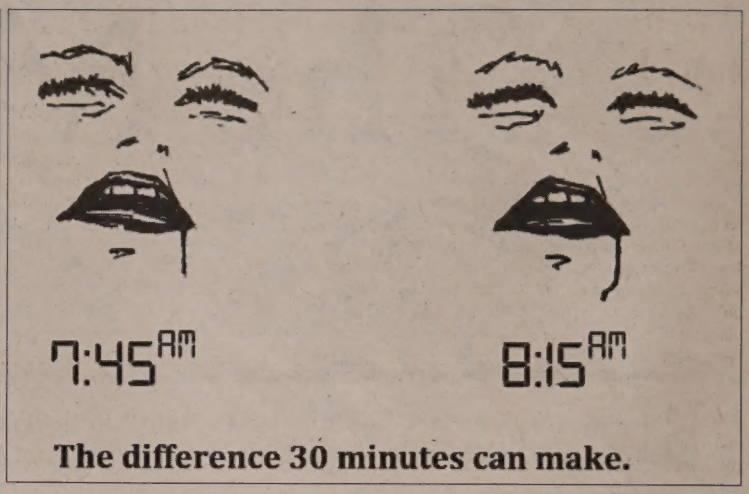
It is easy to be scared of commitment, but the joy that comes with track makes up for the hours after school and on Saturday mornings.

Not only that, but indoor track includes a variety of events to participate in, coaches to keep you healthy and motivated and a facility that beats constantly freezing your toes in the slushy sidewalks.

It is easy to stress about the amount of time a sports season can take away from other activities, but in reality the exercise and large community is a stress reliever. Although many of us would love to say we are capable of motivating ourselves to stay in shape over the winter, it is almost impossible without the support of a team.

CROSSWORD ANSWERS - FROM PAGE 6





Comic by Andrew Goulet

Later school start time not an effective solution for reducing students' fatigue

■ Noah Star
Op/Ed Editor

Each morning, most students experience the same feeling. The small amount of sleep gained never assuaged the ever-present pangs of fatigue.

At Lexington High School, it seems that students grovel for every minute of sleep to no avail.

The students' lack of sleep places the administration in a quandary. Of course everyone is concerned for a student's well being, but there are also academic expectations. There seems to be no perfect solution to this problem, but recently the School Committee engaged in a conversation about perhaps changing school start times.

"The proposal was that [the school starting time] would be a half hour later," said Noah Coolidge, the School Committee student representative.

The main reasoning behind the push for later times was an attempt to reduce the stress plaguing LHS students.

Coolidge, a junior at LHS, add: "I said that it would be the urgent action that we need to relieve stress, and Joe Marques came in and echoed my arguments."

Despite the predictable student consensus, however, starting school later would not have the intended effect of reducing stress.

The most obvious indicator of this is the demeanor of students during A Block on Wednesdays as opposed to on Monday. Although school starts 45 minutes later on Wednesday, the student body remains fatigued. Pushing back the start of the school day would only give students incentive to stay up later and give added excuse for perpetual procrastination.

The sleep-deprived students' plight is compelling, but the question of why they are sleep deprived remains.

A study compiled by the National Sleep Foundation found that "60 percent of children under the age of 18 complained of being tired during the day, according to their parents, and 15 percent said they fell asleep at school during the year."

While schools regulate their starting time, students choose what time they decide to sleep. Often, homework is time consuming and, when combined with many extracurricular activities, the workload has the potential to be immense.

Students, however, usually work late into the hours of the night because of procrastination and inefficiency rather than stress or big workloads.

Although staying up late is certainly is a factor in lack of sleep, it is unfair and inaccurate to attribute the entire problem to stress. Thus, teaching students techniques for efficiency and time management is the more cost effective solution.

If the ultimate goal of changing school starting times is to reduce students' stress, then the resources should be invested elsewhere. Sleeping in for an extra half hour would not have as much of an effect as other methods for stress reduction such as extra homework help.

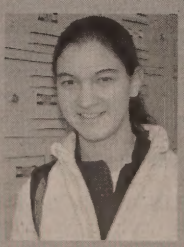
Even these methods ultimately fail to address the heart of the problem. Students become stressed because of the competitive nature of high school. To truly ensure that students are well rested would require a culture shift: a move away from the competition with more emphasis on self-development.

High school is naturally stressful. No amount of sleep will change that, but teaching students responsibility and efficiency will reduce fatigue in the long term.

Word on the Quad: What do you think about a later school start time?

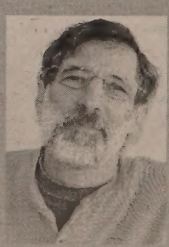
"I would feel a lot better. It doesn't make sense that younger kids have later start times, since we really need more sleep. Whenever I sleep in X-block, I always feel better."

Steven Johnson, senior



"Sports would just go an hour later– it wouldn't really change anything. I think it'd be really good, actually. If I got home an hour later, I would still be up until 11 or 12 anyway."

Abby Hoffman, senior



"It would definitely improve [academic] performance– kids work better at night, and then they sleep in later. But sports– we'd need to accommodate sports to the whole Middlesex League, and I don't know how that'd happen."

Jim Williams, math teacher

Volunteering to answer calls for a suicide hotline shows one Lexington High School student the power of listening

■ Peter Cherepanov
Guest Writer

I heard about Samaritans after a conversation with a friend of mine. It was midnight, and I was griping about the pile of work I had stacked on my 'to do' list. He said, "Stop complaining to me; go call the suicide hotline or something."

I didn't think he was funny, though it did get me thinking. It was late, and the slightest distraction would rip me away from my calculus homework.

Google: Suicide Hotline Massachusetts, and I decided to take a look at the third website I found; it was titled Samaritans of Boston.

"Samaritans mission is to reduce the incidence of suicide," the website said. My thoughts jumped, not to a person calling the phone line in need of dire support, but of the person on the other end of the line. The individual I was curious about was the one sitting in some phone room talking to suicidal people. Who would sign up for such work? As I scrolled down to the bottom of the page, and I saw a link titled "get involved." Why not?

The few months of training, twice a week, were devoted to teaching the prospective volunteers how to listen. Outside speakers came in to explain issues we would come across during our conversations. The most touching, to me, was the woman who represented a similar hotline, geared towards victims of domestic violence.

We learned the statistics. More than 300,000 people in the U.S. kill themselves every year. Gay and Lesbian youth are two to three times more likely to commit suicide than heterosexuals. 83 percent of gun related deaths are suicide; in Massachusetts there are 2.4 suicides for every homicide. I'm just scratching the surface, but you get the idea.

At Samaritans we don't give advice or tell you what to do; we listen. No college degree needed. I'm 17, and I listen just as well as the retired construction worker that sits across the cubicle from me. We ask questions, and we get callers to explore their emotions. We are the proverbial shoulder on which to cry.

Why would you do that, Peter? Why would you sit in a cubicle for three hours every Monday night listening to people talk about how horrible their lives are? Well, I could tell you that I want to save the world one life at a time. Sadly, that sounds far too corny. I could say that it provided an excellent extracurricular opportunity to aid in the university application of a prospective psychology major, but that sounds heartless.

Yes, I want to save the world and get into a good university. But, the real reason I became a Samaritan was because I wanted to be able to make people feel [SAMARITANS, page 7]

Resources for teens and their parents who need assistance

- **Red Flags and Resources, Lexington**
  http://lps.lexingtonma.org/Current/LexRedFlagsRiskyBehavior.pdf
  This resourceful website, made for both teens and adults, discusses some signs or red flags of depression, as well as how to respond.

- **National Hopeline Network (U.S.A.)**
  1-800-SUICIDE || www.hopeline.com
  Founded by the Kristin Brooks Hope Center, this national hotline network is run by a certified calling center.

- **National Eating Disorders Association**
  1-800-931-2237 || www.nationaleatingdisorders.org
  Envisioning a world without eating disorders, this helpline serves to support affected individuals and their families.

- **Rape, Abuse & Incest National Network**
  1-800-656-HOPE || www.rainn.org
  This is the nation's largest anti-sexual assault organization. Its free, confidential calling line contributes to its goal of assisting victims of abuse.

collegebored

A lesson in waiting: stuck in the middle

■ Ally Engelberg
Columnist

Unfortunately, the results are in. I do not want to spend this column lamenting that things did not go my way, even to the comfortable anonymity of the public. I'll just hint by reiterating: things did not go my way. Let me tell you the story.

I was not rejected, not accepted; I was deferred from my Early Decision college.

That means that my application has been pushed to the Regular Decision pool, where it will be reevaluated in comparison to thousands of new applicants. Nothing in my life has yet been more anti-climactic or more of a non-event than was this moment of deferral.

The appointed time for me to check online for the decision was 8 a.m. on a Saturday. I decided the night before not to set my alarm, hoping that I would wake up past 8 and therefore avoid the terrible waiting that would inevitably precede "The Moment."

This was wishful thinking. Without an alarm, and after a night consisting of little sleep, I somehow woke up at 7:24 a.m. It's cliché to say it, but those 36 minutes seemed like days. I should have done something to distract myself -- reading, music, a walk, anything -- but I was paralyzed in my bed.

Three minutes before The Moment I opened my computer, and at 8:01 I clicked the link to the website. There it was: the logo of the college, my contact info and my application status.

Click here to see your ADMISSIONS DECISION, it said. It was in all caps, just like that. For a moment, I couldn't do it.

Think about it: For nine months I had obsessed over this college; I fell in love with it last March. March! And once I clicked on that admissions decision, everything could be over. Waiting at least had hope entwined in its very definition. If I was still waiting, there was still the possibility. But if I clicked through and I was rejected, the waiting would be over, the hope would be gone and I would be done with this place -- no second chances.

I texted a friend, my fingers clumsy on the keys. My room was silent, nothing existed but the whirring of my computer. My friend convinced me to click through at 8:06. Still, I lowered the screen of my laptop so I wouldn't be smitten with words [COLLEGE, page 7]

It Gets Better Project brings message of hope to struggling LGBT youth

■ Sophie Harari
A&E Editor

In 2009, an 11-year-old named Carl Walker-Hoover hung himself with an extension cord in his Springfield, Mass., apartment after being harassed and called "gay" by peers at school. Over the last few years, the media has been rocked by a surge in the number of suicides as a result of anti-gay bullying in schools.

After five teenagers took their own lives in September, Dan Savage, editorial director of Seattle's weekly paper, The Stranger, decided to take action.

According to his website, Savage heard about one of the suicides and thought "I wish I could've talked to that kid for five minutes before he killed himself … I'd tell him that however bad it was in high school or middle school … it gets better."

So Savage and his partner Terry posted a YouTube video first explaining their horrible experiences with high school and family, then about how they fell in love with each other and adopted a son. In closure, Savage said, "Life has its ups and downs, it has is challenges, there are tough moments," but that he and Terry are "ecstatic to be alive." To put it simply, it gets better.

The video and website went viral, inspiring 5,000 other YouTube users to create their own videos.

Visitors to the It Gets Better Project website are encouraged to sign a symbolic pledge to spread the organization's message and to "speak up against hate and intolerance whenever I see it...[to] provide hope for lesbian, gay, bi, trans and other bullied teens by letting them know that 'It Gets Better.'"

Becca Reibstein, a junior and member of Lexington High School's Gay Straight Alliance, said that "anyone and everyone needs to see and know about the videos," including both straight and LGBT students.

Reibstein said that she did used to feel bullied in middle school, but that things have definitely gotten better in high school.

But, she said, many out and questioning students at the high school do still struggle with depression and thoughts of suicide.

Melissa Buttaro, the leader of the GSA, wholeheartedly supports Savage's campaign, but said that "[we cannot] just sit around saying that it gets better … we need to make it better now."

Buttaro and Lexington graduate Ashley Lucas have launched their own movement called "Make It Better." The group's YouTube channel, Facebook page, and website have all been contributed to by Superintendent Paul Ash and staff of Lexington High School, including Principal Natalie Cohen and Larry David, a history teacher.

Whether recorded by unknowns or public figure such as Ke$ha or Hillary Clinton, each It Gets Better video is poignant and effective.

Becca said President Obama's video as her favorite.

"It's beautifully written," she said. "I've never seen a president so invested in gay issues, and not just gay marriage. He knows what's happening."

The videos currently have a collective 15 million views, showing both LGBT and heterosexual teens and adults that they are not alone and that a happy future lies in store for them.

Jaye Harden, a senior, said that although the group's goal is simple, the videos do inspire hope, and "hope is a really useful thing when you're depressed, when things are as already hard as they are for so many kids."

To learn more about the It Gets Better Project, visit the organization's website at www.itgetsbetter.org.

'The Green Hornet' is funny, but mediocre

■ Jeffrey Tsang
Staff Writer

Have you ever fallen in love... with a car? Its name was the Black Beauty and it stole my heart with its hood-mounted turret in "The Green Hornet," directed by Michel Gondry and starring Seth Rogen, Jay Chou, Christoph Waltz and Cameron Diaz.

When famed newspaper mogul James Reid (Tom Wilkinson) suddenly dies of an allergic reaction, his son Britt Reid (Seth Rogen) is left with the burden of operating his Los Angeles newspaper, The Daily Sentinel.

After Britt befriends his father's mechanic, Kato (Jay Chou), and the two stop a gang of muggers on the street, Britt convinces Kato that they should become crime fighters who pose as villains in order to catch real criminals in the act.

The next day, the duo prepare by updating the Black Beauty with new gadgets and naming Britt "The Green Hornet."

The new temp, Lenore Case (Cameron Diaz), is assigned to follow the escapades of the Green Hornet and tell Britt and Kato the crime patterns that they should follow. They uncover a conspiracy and attracts the attention of an awkward yet frightening mob boss named Chudnofsky (Christoph Waltz), placing the duo and the citizens of Los Angeles in danger.

Seth Rogen brought his hilarious charm, but his performance wasn't exactly his funniest. Regardless, I thought he played his role well and I was still laughing at his antics well after I left the theater.

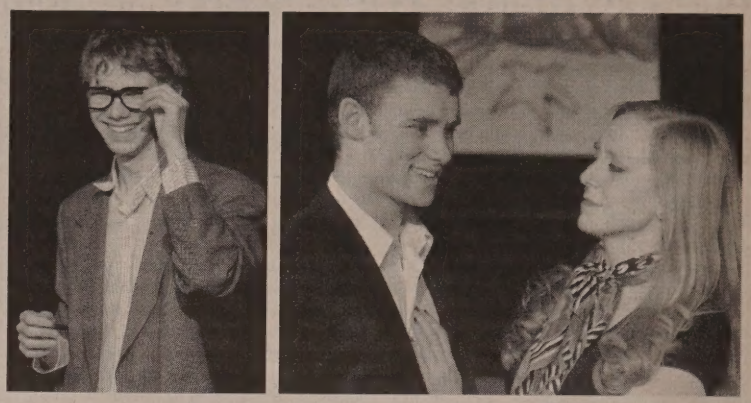
Unfortunately, he seemed to have lost most of his charm when the plot stopped being interesting in the middle of the film. The middle was comprised of sparsely distributed action sequences and many filler scenes in between. The final act just barely compensates for the mediocrity of the middle.

The action sequences, however, were impressive. In several of the fight scenes, "Kato-vision" kicked in, which caused time to slow down and allow Kato to methodically plan his next move. In addition, the car that they drive, the Black Beauty, has enough tricks packed into its circuitry to excite the imaginations of geeks every-

[GREEN HORNET, page 7]

Annual Winterfest displays student talent

■ Ben Robertson
Staff Writer



Staff photos by Arman Bilge

Tim Childs, Ben Osher and Lauren Jackson (from left) all participated in various plays written and directed by students at LHS. Each play was performed at two out of three nights.

Cannibalistic waiters, oppressive mime-atoriums, gunshy gangsters, suicide, and depression were just some of the many subjects that were found at this year's Winterfest.

From Feb. 3 to Feb. 5, the Lexington High School Drama Club put on a collection of plays written and directed by students. Students spent up to three hours or more each day for nearly a month preparing for the annual event, held at the Blackbox Theater.

Some of the plays this year included "Oh Me, Oh Mime!," Anthony's Ailments" and "Mortified."

After "Oh Me, Oh Mime!," the first play of the night, students from the LHS Drama Club gave a brief introduction to this year's Winterfest.

"There is more intimacy," said Wally Napier, a writer and performer in three plays, said about performing at the Blackbox Theater. "There is more intimacy, causing a much greater focus and emotional reaction."

The audience seemed to appreciate the work put in by the students, as each play's conclusion was met with enthusiastic applause.

A certain amount of humor was found in most of the plays, despite their mature subject matters.

One example was "Anthony's Aliments," by Tim Childs, a sophomore.

The play tells the story of a couple on the run from gangsters who unknowingly walk into the domain of a cannibalistic lawyer. Despite its dark subject matter, audience members were in stitches during various points of the play.

"Mortified," according to the program given to the audience, was an "unofficial tribute to 'Mortified'." This national project is based on the funny yet strange things, people write in their diaries.

This year's Winterfest was a testament to the work students put in to make it a success.

Student band X-Block plays a variety of musical styles

■ Sarah Zhang
Staff Writer

Staff photo by Sarah Zhang

X-Block band members Tom Garrity (left) and Kenny Wong-Labow (right) work on practicing one of their original songs.

Inside the thick-walled, airtight music rooms of Lexington High School, music students from every corner of the school come together to rehearse with their bands.

One such band is X-block, which practices every Wednesday morning during X-Block.

Kenny Wong-Labow, the band's founder, and Chris Xu work the guitars, while Matt Lee pounds the drums, Tom Garrity strums the bass guitar, and Matt Schwartz plays the saxophone.

The guitars' rich chords combine perfectly with the crisp brass notes of the saxophone to create a perfect harmony of sounds while the percussion keeps up without effort.

How did this band all start?

"It's quite an interesting story actually," said Lee. "I was in the band room playing the drums and Kenny came in. We just started playing and it sounded really cool so we kept playing together."

Soon, the other members started joining the two boys until the group of friends finally formed a band. They have been together for about a year and a half, practicing and composing songs while having fun.

"I think our band is unique because many of us come from different musical backgrounds and the music that we play is pretty unique," said Wong-Labow.

Xu, the other guitarist, spoke about their different styles.

"I like playing straight rock 'n' roll while Kenny's the complete opposite. He usually likes weird chords and unusual harmonies," he said.

When asked what kind of music the band produces, Xu said, "Right now, we have five new ideas that are becoming songs. We usually branch off into high energy rock 'n' roll when composing songs and sometimes we mix in new elements into the music."

X-block creates songs that are a mixture of punk, rock and jazz. The friends separately compose their own parts and then combine the sounds until it becomes a full song.

"Spanish Acid," Lee's favorite, is a combination of rock, punk, and Latin music.

The musicians will continue to rehearse throughout the year inside the practice rooms or at Lee's house.

Band members also said they feel proud of being a band from LHS.

"It does feel good to be a Lexington High School band," Wong-Labow said.

Medical Club hoping to gain new members

■ Anisa Haque
Staff Writer

With such a wide variety of clubs available at Lexington High School, deciding which one to join can be difficult. If one is interested in pursing a career in the medical field however, Medical Club is the ideal choice.

Norma Tumennasan and Sijia Zhang created Medical Club for those who are interested in the medical field.

"It is a great way to meet new people who want to go to medical school in the future or even just love watching shows like 'House,'" said Norma Tumennasan.

A typical day at this club consists of a lot of discussions. Members share any medical-related experiences they have had, talk about medical issues, or discuss how medical school works. Occasionally they help the school nurses or even watch "Scrubs."

The biggest challenge a new club like this one faces is spreading the word. There is only so much that fliers can do to persuade people to join. Even if the posters do spark some interest, over-filled schedules can often hinder the enlistment of new members.

Neverthe- [CLUB, page 7]

La vie en France: Learning to laugh

■ Zoe Wood
Columnist

Over the past four and a half months, I have made so many stupid mistakes, ranging from grammatical errors to social faux pas. I've switched around French words that sound alike and unknowingly used rude hand gestures and poor manners.

As these little mistakes occur as often as a few times per day, I have found it increasingly necessary to be able to laugh at myself. Sometimes, when you are so embarrassed that you think of actually leaving the room, or even the continent, the only thing to do is laugh.

So, as I become more and more accustomed to excusing my mistakes as funny, I have noticed something about many of the people that surround me.

So many of the lovely and good-natured people that I have met here lack the ability to self-mock. A disclaimer: I am by no means saying that all French people take themselves too seriously; this is only a small observation that I have made.

Perhaps this observation indicates that the French tend to have a very different sense of humor than Americans do. Many a time I have tried to translate an American joke, one that I find hysterically funny, into French. I have told the punch line and even started to laugh, only to have my spectators stare at me in silent confusion.

Anecdotes and riddles that I would go so far as to say are objectively funny just do not translate. Oddly enough, the only kind of "blague" which I have heard on each side of the Atlantic is the overused "blonde joke."

Of course, this discrepancy makes sense when, in so many ways, French and American culture are different. They are at times so different, in fact, that American culture has worked its way into French humor.

I don't think a day goes by when my host-brother, Hugo, does not [FRANCE, page 6]

Lexington restaurant Prime Roast Beef and Seafood provides a casual setting, generous portions, and delectable options

■ Araz Havan
Staff Writer

Don't let the name fool you; Prime Roast Beef and Seafood is not, in fact, a seedy restaurant serving a bizarre mélange of fish and meat.

This new restaurant on the Marrett Square is unassuming, taking the place of the long-standing Brewed Awakening Café. Though the latter was a beloved fixture in the community, Prime Roast Beef and Seafood is well on its way to filling the café's shoes.

I'll admit it. I walked in not expecting much. When I walked through the doors, I took a good look around. The interior of the restaurant has the essentials – tables, chairs, etc. – but isn't very fancy. It is very clean, though, and while the furniture is slightly askew, the restaurant feels like a restaurant and not like an unkempt McDonald's.

The atmosphere is laid back, as the customer isn't waited upon. Instead, you go up to the counter to order food. Then you go and sit back down at your chosen table and wait until they call you back up.

This sort of casual dining is optimal for those who don't like pesky waiters trying to shoo out their customers to seat newer clients. You can sit as long as you want or until you begin molding with the chair. There is absolutely no pressure, except when ordering from the simple, but surprisingly busy menu.

Whether you choose a sea-food plate, kebab, or a roast beef sandwich is up to you, but it all looks so good it's hard to choose.

I chose to go with the Junior Roast Beef. After a few short minutes, the lady at the counter called me up to pick up my sandwich, which came wrapped in wax paper on a black plastic tray.

Judging from the absolutely stuffed burger sized sandwich I received, their portions are rather generous. And this was from the children's menu.

The roast beef both looked good and tasted delicious.

The burger bun that it was served on was buttered and grilled on the underside, and was delightfully crunchy next to the soft roast beef. It came with a sauce that I was hesitant to try, since it was a bit bright and flecked with spices. But I was pleasantly surprised to find it tasted like the perfect marriage of sweet-and-sour sauce and barbecue sauce. It was mildly spicy, but well-matched with the roast beef. It was a delicious meal, and large enough to be shared if you have side dishes.

Considering Prime's close proximity to Lexington High School, one could easily walk there after school, which is convenient, due to the extremely limited parking available out front.

The fast service is refreshing, and the informal atmosphere is perfect for students. Prime Roast Beef and Seafood is a great addition to Marrett Square, and I cannot wait to go back and sample the rest of the menu.

Prime Roast Beef and Seafood can be found at 321 Marrett Road in Lexington.

Or Nothing's passion for music makes it successful

■ Rae Yen Tan
Staff Writer

Having played concerts at The Middle East, All Asia, the Hard Rock Café and on several college campuses, brothers Justin and Josh Novelline are no strangers to performing live with their band Or Nothing, which formed in 2007.

"Josh and I could no longer tolerate the audible garbage that was being forced down everyone's throats via the radio and television," Justin Novelline said.

"The official members of the band are Justin and I, but the current live lineup includes Phil Soucy on guitar and Brian Carlson on bass, both 18-year-old seniors from Chelmsford High School," Josh, a junior at LHS, said. "As far as some of the members being older, I've never really noticed. I've been in and out of bands since I was 13, and usually they'd consist of my brother Justin and I, so there was already a 4-year age gap to begin with."

When he performs, Justin said, "I try to interact with the crowd as much as possible. I work hard to tear down every boundary I can, including those that separate people from one another."

To keep the audience hyped, Justin comes up with set lists that "could be as short as 15 minutes but could last much longer."

The experience is an "audio-visual spectacle," he said, and "has included a tuxedo complete with an authentic Italian masquerade mask, a military outfit with a navy jacket, SWAT gloves and army boots, and my favorite, the 'Or Nothing Soldier,' which is a custom white-and-black uniform I designed."

The name, Or Nothing, is another spectacle in itself.

"Josh and I were wracking our brains for hours," Justin said. "Finally, we decided to go with 'Nothing,' kind of enjoying the irony as we would be producing a log of material for a band called 'Nothing.' We decided to attach an 'Or' to it to create a sentence fragment, hoping this would be thought provoking. To one person it might mean, 'All Or Nothing,' to another, perhaps, 'Family or Nothing.' We want the band to be a vessel for our listeners, a megaphone for the world."

Behind the spectacle is a lot of hard work. Justin said the band practices two to three times a week for three hours a day. "This is just enough time to keep us up to speed on the music while not driving another absolutely crazy."

In the end, however, all the rehearsing is worth it.

"There's nothing better than spending months at a time working on a song arrangement, and then performing it in front of an audience," Josh said. "Whether they like it or not, is up to them, we just have to keep doing what we do, and hope for the best."

The reasons for the band's success includes the Novelline family and "all the screwed up backwards institutions of the world that have given me more fodder for angry lyrics than I know what to do with," said Justin. "I could write a thousand songs and still find things in this world to be furious about."

No matter how unique a band is, there is always another band that has a similar sound.

"We've been compared to Korn, Limp Bizkit, Incubus, Beck and Linkin Park. It's really a mash up of a lot of different things, ultimately culminating into a very unique sound that is just 'Or Nothing,'" Justin said.

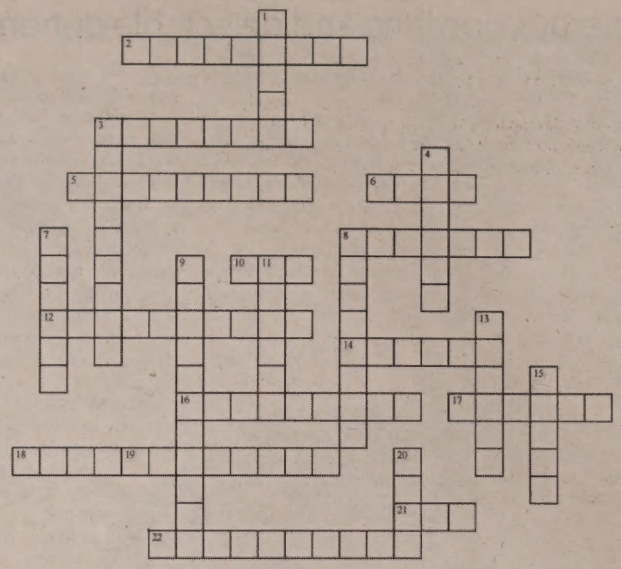
The brothers share eclectic influences that include Marilyn Manson, Tears for Fears and Maynard James Keenan and have an incredible collaborative synergy, especially when it comes to composition.

The Novelline brothers both love music. "Music and creative expression are definitely high on the priority list," Justin said. "We think of new ideas all the time and bat them around with each other. It is like a conversation that never ends."

The future for the band remains bright. "All four members are currently looking at Boston-based colleges and we all love the road we're on musically, and continue to blend as a group," Josh said. "As a core instrumentalist on the three released albums, I'd say we're constantly growing. If with that growth, more people enjoy listening to us, then that's all we could hope for."

Justin added: "Our music has been receiving play on Internet radio, and that has been rewarding, so more of that would be great. We just follow our hearts, do what we love, and remain inspired. As long as we can keep creating heartfelt messages and people want to listen to them, we'll remain relevant."

Celebrate the United States with a crossword!



ACROSS

2 Flag seamstress (2 words)
3 Grand Canyon river
5 The "Volunteer State"
6 Assembly line guru
8 Early US settler
10 Unit of Cub Scouts
12 Aka Hollywood
14 Northernmost state
16 1969 music festival
17 Pre-digital
18 Supreme Law
21 Gun org.
22 Pennsylvania battle sight

DOWN

1 Vegas casino & hotel MGM _____
3 22nd President
4 Idaho neighbor
7 Molasses mess locale
8 Department of Defense building
9 Old Faithful park
11 Actor _____ Norton
13 Disney's Montana
15 "The King"
19 Hamilton bill
20 Civil rights leader, Mr _____

FOR ANSWERS, FLIP TO PAGE 2

The Secret Lives of Teachers

If you could be any age....

"I think I would be 18 because you are in college and you have no responsibilities but yourself."
Ms. Murphy, History

Favorite movie?

"My favorite movie is "Gladiator" because I kind of have a crush on Russell Crowe. Plus it's a great movie, with great music, and Joaquín Phoenix is the best bad guy ever."
Srta. Sodergren, Spanish

Most memorable teacher?

"The most memorable teacher I had was my junior and senior year math teacher, Mrs. Mundy. She always started off the year by telling us that she loved the three M's: music, mountains, and math. I learned so much math from her class, but I also always appreciated that she cared about getting to know her students. She had very high standards, so I had to put in a ton of effort in her class. I even had nightly math "homework parties" with my friends from the class (no wonder I became a math teacher!). I first began to love math because of Mrs. Mundy's class."
Ms. Nitsch, Math

If you were to get a tattoo....

"I would never get a tattoo because I am extremely petrified of needles."
Mme. Silverstein, French

FRANCE - FROM PAGE 5

host-brother, Hugo, does not try to provoke me with an American zinger. Just a few minutes ago, in fact, he informed me that Americans don't know how to make anything as well as weapons. Or was it that Americans can't produce anything but weapons?

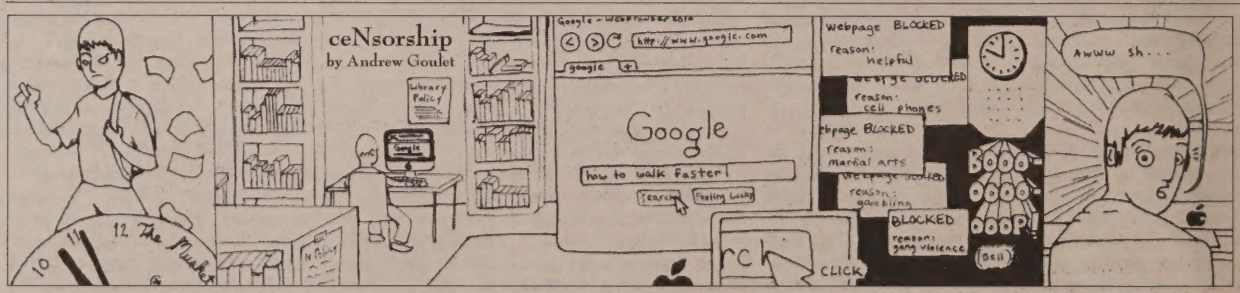
But my host-brother really is kidding, and I can usually just brush off his sly comments with a conciliatory smile. Sometimes, they are even funny.

However, one evening at dinner, after a frustrating day at school, I did not manage such an even-tempered response. At that particular dinner, Hugo was on a roll. He was responding to everything I said with a crack at Americans, and he appeared to be having the time of his life as he watched my face turn more and more flushed. Finally, he said, eyeing me, "and my teacher says that Americans can't taste wine because they drink so much Coke." It was completely harmless, but I lost it.

I don't remember exactly what I said, something involving the word "racist" and the phrase "completely unacceptable for a teacher to say something like that." I do remember that I practically yelled it across the table, and I remember the astonished expressions that my host parents wore. With perfect clarity, I remember Hugo's smug satisfaction at having finally provoked me to the point of having a veritable tantrum at dinner.

Now, this was one of those moments embarrassing enough to make me want to leave the room. I didn't, because that would have made the situation worse. Instead, everyone laughed, a little nervously, and then my tactful host-mother changed the subject. The next day, I proceeded to recount the incident to friends at school, who found it extremely funny. I did, too.

A sense of humor is something that I have always considered indispensable. After four and a half months of living in France, that belief has only become stronger. Whether it was my own generous sense of humor or the humor of others, every day I have been here has contained at least a little bit of laughter.



What's hot:

- Verizon iPhone
- "Race to Nowhere" www.racetonowhere.com
- New journalism class (hint, hint)

What's not:

- Wiping out on ice-covered sidewalks
- Spontaneously metamorphosing into a swan
- Overcrowding in the library

PB&J - PAGE 1

vote on songs and the top three become our set list if we're happy with the balance." Once the songs are chosen, rehearsals begin; PB&J meets twice a week for two hours.

"We start off by breaking into sections based on voice parts, then we learn and polish our parts, spending about a half an hour to forty minutes on each song," said Murphy. "The structure [of the meetings] is being tweaked as we go along because this is a new experience for just about all of us."

All the hard work can make it challenging to keep rehearsals fun, so the leaders designate some time for socializing. "We have a few minutes at the beginning and end to talk, mingle and eat," said Abrams.

PB&J's performance at the winter concert was the first time the student body was formally introduced to the group.

Abrams was pleased with the performance. "It felt great," said Abrams. "I was so happy that I could hardly contain myself. We had a terrific amount of enthusiasm and fun."

The winter concert was only the beginning for the group. "Our goal is to sing at the send-away concert this year," Abrams said.

It has been many years since a new a cappella group was formed at LHS, and bridging that gap has been a difficult but rewarding process for the members of PB&J.

"We've come a long way, grown a lot, and I'd like to think we'll keep growing and gaining more from each practice, performance and bonding session," Abrams said.

CLUB - PAGE 5

less, once more people join, or when current members' schedules begin to coincide, the club has many plans, including a lineup of fundraisers, events featuring guest speakers, and a marathon of various medical television shows.

Contrary to what some believe, wanting to be a doctor is not a pre-requisite for joining Medical Club.

"Everyone has an interesting story to share," Tumennasan said. "And anyone can join whenever. We don't necessarily just want people who are intersested in becoming a doctor. We want people who are interested in the club itself."

So maybe Medical Club sounds like your kind of activity. Or perhaps you are undecided and just want to attend a meeting or two to check it out. The club meets every Wednesday after school at 2:40 in Room 610.

ALPHA- PAGE 1

therapist and a guidance counselor.

"It is really a supportive environment. They don't judge you, and they really try to help you work through [problems]," Elena Hudacek, a sophomore, said.

When the program's staff determines the student is ready, he or she is transitioned back into the regular school schedule. This does not mean that Alpha is out of his or her life completely; regular check-ins with the staff continue.

In the beginning, students miss some classes to have check-ins, do work, get tutored or just relax in the Alpha room.

"It's great to have that sort of support system especially if you've been out of school for a while and [school] is a place you don't feel comfortable," Hudacek said.

A student in the program who is not feeling well can miss class and get a no-count absence. In addition, LeBlanc usually works with the student on an academic level. Together, they decide which classes should be on a pass/fail basis, which classes should be normally graded, which classes should be dropped completely, and even if LHS is the right place for the student.

Gradually, the student's visits to the Alpha program begin to wane, until he or she is fully prepared to face school without any help.

"We make adjustments in their schedules to make them easily get back to school," LeBlanc said.

The Alpha program was created by the guidance counselors and has been in a work in progress for many years, but it was not until this year that it was put into action.

"I think it's a learning process," LeBlanc said. "We are still trying to iron out how it can best support the students."

While they have only had 11 students in the program so far, LeBlanc is optimistic about the success rate, with about half of the students successfully transitioning back into school.

"They get you good relationships with the nurse, guidance counselor and social workers at the school, so you're pretty prepared when you leave the program," Hudacek said.

As for future plans, "we are envisioning [the program] for students who are just really having a tough time.... it might be a support for students in the future," LeBlanc said.

The staff connects with the students on many levels, resulting in positive reactions to the program. "I miss it a lot," Hudacek said. "I wish it was a year-round support system for the students who need it."

BIG LEX - PAGE 1

LHS team does basically everything in running the event, ranging from housing debaters in their own houses overnight to concessions and running ballots to compiling results," said Arjun Vellayappan, a senior and captain of the Policy debate team. "Basically any task that gets done at Big Lex has a large student influence and help involved."

Flora Wang, a senior and captain of the Lincoln-Douglas debate team, added, "It was incredibly exciting to help host such a large tournament. Since it was a fundraiser and team bonding event, it really benefited the debate team overall."

For the LHS debaters, the tournament was both exciting and exhausting, because of the immense amounts of time and effort every student had to put into preparation for the huge event.

"This year's Big Lex was definitely exciting and fun," Vellayappan said. "We were able to catch up with a lot of our friends and host them successfully which made all the hard work worth it."

"Of course there were stressful moments," said Diana Mojahed, a junior and another captain of the Lincoln-Douglas debate team, "but the overall ecstatic atmosphere of the tournament made it an incredible experience, as always."

"It's fun," agreed Sophia Psyhojos, a senior and captain of the Public Forum debate team, "but it's always a bit of a relief when it's over."

In the end, despite all the stress and commotion of Big Lex, the hard work seemed to have paid off.

"We had more entries than the past years and the kids and parents worked remarkably hard," said Sara Sanchez, coach of the LHS debate team. "All in all it was a tremendous success."

THANK YOU

to our generous donors! These "Angels" donated $50 or more to support the Musket. We couldn't do it without you!

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- Joanne Kuo & Alessandro Alessandrini
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- Amy Newmark & Bob Heingartner
- Sarah Arnholz & Christopher Wood

Note: We are still processing subscriptions, and apologize if you are an Angel and your name is not on our list. Please send an email to musketnews@gmail.com

SAMARITANS - PAGE 3

better; whether during Samaritans or in any other situation in which I would find myself. Most people who call Samaritans aren't acutely suicidal. Most just need someone to listen to what they have to say. No one wants to be alone.

Maybe your parents yelled at you for three hours last night. Maybe your dog just died. Maybe you feel suicidal. We won't tell you to listen to your parents, or buy a new dog. Instead, we will acknowledge how real your feelings are, and hopefully take the weight off your shoulders.

Don't let the bad aspects of your life stay hidden. Tell a friend. Tell a teacher. Tell me. Tell a Samaritan, and perhaps you will feel better.

GREEN HORNET - PAGE 4

where. Combined with Rogen's humor, this trinity essentially kept the movie from failing.

Though not up to the same standard as the comic book adaptation genre, "The Green Hornet" provides adequate entertainment as long as nobody expects a deeper meaning.

6 hood mounted turrets out of 10

COLLEGE - PAGE 3

of rejection right away.

Thirty seconds later, I let my eyes scour the electronic letter that was on my screen. Soon, I found the important words: deferred, regular applicant pool, most competitive group of Early Decision applicants ever, thank you.

It didn't take long for me to register what this meant -- more waiting. Soon after The Moment, I was left without anything to do. What was I supposed to do at a time like this? I couldn't cry because I hadn't been rejected. I couldn't rejoice because I hadn't been accepted. All I could do was move on.

A week later, I spent eight of the 11 days of winter break writing essays and sending in the rest of my applications to the remaining seven schools on my list. Green checks appeared on my Common App: I had applied to college. Again.

CORRECTION: On the last issue's sports page, the Musket incorrectly stated that the girls' swimming article was written by Caitlin Go and Nicole Sekula. It was actually written by Nicole Sekula and Catherine Qin.

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2010 - 2011

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Winter Running Club is an alternative to indoor

■ Caitlin Go
Staff Writer

Every day after school, a group of girls meets in the locker room before braving the fierce winds and bitter cold. They are not doing it for an insane coach or for spots on a varsity team. They are members of the Winter Running Club.

Valerie Morrill, Margo Stokes and Rie Maeda created the club as a way to keep running during the winter, when even the most dedicated cringe at the thought of confronting the harsh weather alone.

"We went to Foss Running Camp over the summer, and we realized that we want to run the whole year," Morrill said. "So we started a club for whoever is not doing indoor, and we're going to run a half-marathon."

Another incentive to form the club was the close-knit running community — the girls wanted to continue spending time with their friends after cross-country ended.

Almost all of the runners in the club took part in the cross-country team, but Winter Running Club also attracted several former indoor track runners who prefer longer distances.

"[Indoor track] was really [restrictive] in what you could do and what you could train to," said Stokes. "If you're training for a half-marathon like we are, there's no way you can do that and do high jump or the 300."

To achieve their goal of the half-marathon, the girls will build up to running around 8 to 10 miles every afternoon, although the workouts vary from day to day.

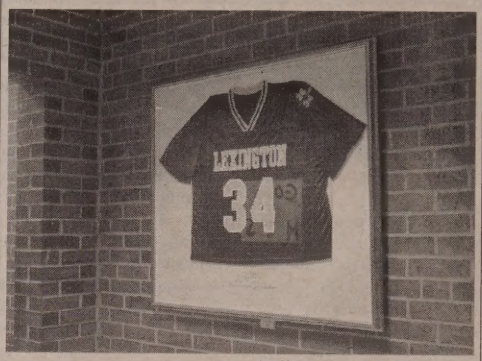
While the club may sound like a sizable commitment, there is a lot of flexibility. The leaders e-mail weekly workout schedules and members can decide when to come.

Driving around the high school this winter, you may see a group of girls on the side of the road from your heated car. Despite the cruel sub-freezing temperatures and snow covered roads, they keep running.

That's why they're called the Winter Running Club.

Staff photo by Chris Alessandrini

A jersey bearing former football coach William Tighe's name and the number of years he coached is hung in the main hall.



Staff photo by Chris Alessandrini

David Anderson Germaine, former defenseman for the LHS lacrosse team, is commemorated by his lacrosse jersey.

For Tighe, retirement is difficult

■ Geargin Wilson
Sports Editor

Goodbyes are often melancholy, but for Coach William Tighe, it will be heart wrenching. At age 86, Tighe has been the head coach of the Lexington Minutemen football team for the past 36 years.

A man whose name is often associated with excellence and winning, Tighe will be fondly remembered by many as an icon of success who has headed the Lexington football program since his departure from Malden High School in 1974.

Many within the team think of him as a father figure. "Being part of this football family is special," said Chuck Shaw, a former player. Senior captain Charlie Blackett touched on the idea of team fellowship during his speech at Tighe's farewell banquet; "We formed relationships with each other that we will value forever, and that's because of Coach Tighe."

> "We formed relationships with each other that we will value forever, and that's because of Coach Tighe."
>
> ~Charlie Blackett, senior

Tighe's effect on his players is also seen in the halftime ceremony of the annual Thanksgiving game, when hundreds of past players joined him on the field to commemorate his final game coaching. Judging from the jubilation of many past players as Tighe made his way through the crowd, it is clear that his approach to people first, and players second, has been present throughout his coaching career.

While Tighe has had a long tenure at Lexington High School, he still feels walking away from football is a tough decision.

Tighe said: "I'm not ready to retire yet, I've still got lots of zip and phrases I haven't used yet." For a coach who has given most of his life and time to the Lexington Football program, it is fitting that the final words of his farewell speech were: "Goodbye and God bless."

Though it his hard to fully define Tighe's impact on Lexington High School, the school would be much different without him. Farewell Coach Tighe, and good luck.

Offbeat Athlete: Dodson finds new passion

■ Zach Sabin
Sports Editor

Emily would be a welcome addition to any team. Lithe and athletic, it's clear that excellence comes easily to her and is accustomed to success. Her ambition has drawn her to sport of fencing, where every move is vital, and one mistake can be devastating.

She has no teammates to act as a buffer against personal failure, so she can attain victory only through grit, perfection, and daring. This is when is in her element.

Photo courtesy of Chris Alessandrini

With her sabre and helmet handy, all fencer Emily Dodson needs to bout is her protective clothing.

Depending on others is not in her nature, because she "works so hard," she said, "[she] might as well be the creator of her own success."

She practices four days a week, three hours a day, and competes almost every weekend. She often doesn't return home from practice until 10 p.m., and she sometimes travels for the entire weekend to tournaments in faraway states. Despite this large time commitment, she still loves fencing, and she "wouldn't trade it for any other sport."

But she hasn't always been a fencer.

Before she started fencing, she was figure skater who competed at the national level and won numerous awards and honors. She finished 7th at the 2005 Junior National Figure Skating Competition, and 3rd at the 2005 New England Regional Championships. Her goal was to compete in the Olympics.

Despite her success, figure skating was not a good match for her, she said. It took up too much time and required missing school for competitions. She decided to quit skating and search for another sport.

The perfect sport was right in front of her eyes.

Her mother was the manager for the fencing team, and Emily, looking for another solo sport, decided to give it a shot.

It was a perfect match. It fit around her school schedule, it was an excellent sport for fitness, and it required a level of tactical thinking that she enjoyed.

Once decided she wanted to fence, she had to decide what type of fencing she wanted. There are three types of fencing: foil, and sabre. Each variation has its own rules and type of blades.

She decided to try foil. But after a week, her coach switched her to sabre, saying that her athleticism was better suited for sabre, where hits can be done by the tip or side of the sword. She stuck with it and is now one of the top sabre fencers for her age group in the nation.

Despite her success in fencing, it does not elicit the same enthusiastic response as other sports when she tells people about it.

The typical response she receives is that "nobody does that," or that the "sport is an anachronism." People have said that it is a "formal" sport, or even an "unusual" one.

Despite these remarks, she says that "everyone should try fencing."